

Supplementary table 1: Article quality assessment

Articles	Developing the concept								Concept and methods								Reporting data and outcomes				Conclusion						
	Relevant of triphala (review literature of potential used)		Novelty of study		Main active compounds		Plant sustainability		Ethical concerns before starting project		In vivo		Experimental design		Phytochemical profile		Define botanical material		Define positive and negative controls		Dose range		Toxicity doses		Statistical evaluation		
	n/a	+	+	+	+	+	n/a	+	n/a	+	-	+	+	n/a	+	n/a	+	+	+	+	+	+	+	+	+	+	+
Naik et al., 2006	+	+	+	+	+	+	n/a	+	n/a	+	-	+	+	n/a	+	n/a	+	+	+	+	+	+	+	+	+	+	+
Babu et al., 2013	+	+	+	+	+	+	n/a	+	n/a	+	-	+	+	n/a	+	n/a	+	+	+	+	+	+	+	+	+	+	+
Gajendra et al., 2016	+	+	+	+	+	+	n/a	+	n/a	+	-	+	+	n/a	+	n/a	+	+	+	+	+	+	+	+	+	+	+
Varma et al., 2016	+	+	+	+	+	+	n/a	+	n/a	+	-	+	+	n/a	+	n/a	+	+	+	+	+	+	+	+	+	+	+
Takauji et al., 2016	+	+	+	+	+	+	n/a	+	n/a	+	-	+	-	n/a	+	n/a	+	+	+	+	+	+	+	+	+	+	+
Sharma et al. 2011	+	+	+	-	+	+	-	+	-	+	-	+	-	n/a	+	n/a	+	-	-	+	+	+	+	+	+	+	+
Srikumar et al., 2006	+	+	-	+	+	+	+	+	-	+	-	+	-	n/a	+	n/a	+	-	-	+	+	+	+	+	+	+	-
Hazra et al., 2010	+	+	+	+	+	+	+	+	-	+	+	+	+	n/a	+	n/a	+	+	+	+	+	+	+	+	+	+	+
Liu et al., 2008	+	+	+	+	n/a	+	n/a	-	+	-	+	+	+	n/a	+	n/a	+	+	+	+	+	+	+	+	+	+	+
Charoenteeraboon et al., 2010	+	+	+	+	n/a	+	n/a	-	+	+	+	+	+	n/a	+	n/a	+	+	+	+	+	+	+	+	+	+	-
Mehrotra et al., 2011	+	+	+	+	n/a	+	n/a	-	+	-	+	+	n/a	n/a	+	n/a	+	-	+	+	+	+	+	+	+	-	
Mahesh et al., 2009	+	+	-	+	+	+	+	+	+	-	+	-	+	+	+	+	+	-	-	+	+	+	+	+	-	-	
Rasool and Sabina, 2007	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Prabu et al., 2008	+	+	+	+	+	+	+	+	-	+	-	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	
Sireeratawong et al., 2013	+	+	-	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	-	
Kalaiselvan and Rasool, 2015	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	-	-	+	+	+	+	+	+	+	
Kalaiselvan and Rasool, 2016	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	-	
Shanmuganathan and Angayarkanni, 2018	+	+	+	+	+	+	n/a	-	+	-	+	+	n/a	+	n/a	+	-	+	+	+	+	+	+	+	+	+	
Deshmukh et al., 2010	+	+	-	+	+	+	+	+	+	+	-	+	+	+	+	+	+	-	-	+	+	+	-	+	+	-	
Golechha et al., 2011	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	-	-	+	+	+	-	+	+	-	
Muthuraman et al., 2011	+	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	-	-	+	+	+	-	+	+	+	
Pradyumna Rao et al., 2013	+	+	+	+	+	+	+	+	-	+	-	+	+	+	+	+	+	-	-	+	+	+	-	+	+	+	
Golechha et al., 2014	+	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	-	-	+	+	-	+	+	+	+	
Middha et al., 2015	+	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	-	-	+	+	+	+	+	+	+	
Nair et al., 2010	+	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	-	-	+	+	+	+	+	+	-	
Nair et al., 2012	+	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	-	-	+	+	+	n/a	n/a	+	-	
Sukakul et al., 2013	+	+	-	+	-	+	+	+	-	+	-	+	+	+	+	+	-	-	-	+	-	-	n/a	+	-	+	
Bag et al., 2013	+	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	-	-	+	+	-	+	+	+	+	
Ibne Jami et al., 2014	+	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	-	-	+	+	-	n/a	+	+	+	
Yang et al., 2014	+	+	+	+	n/a	+	n/a	-	+	+	+	+	+	n/a	+	n/a	+	+	+	+	+	+	+	n/a	+	-	-
Sireeratawong et al., 2014	+	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	-	-	+	+	-	n/a	+	-	-	
Kirubanandan et al., 2015	+	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	-	-	+	+	-	n/a	+	+	+	
An et al., 2016	+	+	+	+	+	+	+	+	+	+	-	+	+	+	+	+	+	-	-	+	+	+	+	+	+	+	
Murdock, 2015	+	+	-	-	+	+	+	+	+	-	-	+	+	+	+	+	-	-	-	-	-	-	-	+	+	+	
Rahimi et al., 2018	+	+	+	+	n/a	+	n/a	-	+	+	+	+	+	n/a	+	n/a	+	-	+	+	+	+	+	n/a	+	-	+

· Specific future perspective

Jayesh et al., 2018	+	+	-	+	n/a	+	n/a	-	+	+	-	+	n/a	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	-	-
Tanaka et al., 2018	+	+	+	+	n/a	+	n/a	-	+	+	+	+	n/a	+	-	+	+	+	+	+	+	+	+	+	+	+	+	+	+	-	+
Chauhan et al., 2018	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	-	-	+	n/a	+	-	+	
Srikumar et al., 2005	+	+	-	+	+	+	+	-	+	-	-	+	+	-	+	+	-	+	+	-	+	-	-	-	-	+	-	+	-	-	
Srikumar et al., 2007	+	+	-	+	+	+	+	-	+	-	-	+	+	-	+	+	-	+	+	-	+	+	-	-	-	+	-	+	-	+	
Sabina et al., 2009	+	+	-	+	+	+	+	-	+	+	-	+	+	+	+	+	-	+	+	+	+	-	-	-	+	+	-	+	-	+	
Sai Ram et al., 2002	+	+	-	+	n/a	+	n/a	-	+	-	-	+	n/a	+	-	+	+	+	+	+	+	-	+	+	+	-	+	-	-	-	
Singh et al., 2015a	+	+	-	+	+	+	+	-	+	-	-	+	+	+	+	+	+	+	+	+	+	-	+	+	+	n/a	+	-	+	+	
Aher et al., 2010	+	+	-	+	+	+	+	-	+	-	-	+	+	+	+	-	-	+	+	-	+	-	-	-	n/a	+	+	+	+		
Aher and Wahi, 2011	+	+	-	+	+	+	+	+	+	+	-	+	+	+	+	-	-	+	+	+	+	+	-	+	+	-	+	-	+	+	
Nam et al., 2011	+	+	-	+	+	+	+	+	+	+	-	+	+	+	+	-	-	+	+	+	+	+	+	-	n/a	+	+	+	-		
Rubab and Ali, 2016	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	-	+	+	+	+	+	+	-	n/a	+	-	+	-		
Shin et al., 2001	+	+	-	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	+	+	+	+	+	+	n/a	+	-	+	+	
Nosál'ová et al., 2003	+	+	-	+	+	+	+	+	+	-	-	+	+	+	+	-	+	+	+	+	+	-	-	-	+	-	+	-	-		
Nosalova et al., 2013	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	-	-	+	+	+	+	+	-	-	n/a	+	-	+	-		
Gilani et al., 2008	+	+	-	+	+	+	+	+	+	-	-	+	+	+	+	+	+	+	+	+	+	-	-	-	n/a	+	-	+	-		

Clinical study quality assessment [the Good Research for Comparative Effectiveness (GRACE) tool]

	Adequate treatment	Adequate outcome	Objectec outcomes	Valid outcomes	Similar outcomes	Covariates recorded	New initiators	Concurrent comparator	Covariates accounted for	Immortal time bias	Sensitivity analysis
Author (year)	D1	D2	D3	D4	D5	D6	M1	M2	M3	M4	M5
Phetkate et al., 2012	+	+	+	+	+	-	+	+	+	+	+